

DISCOVER BOOKIET

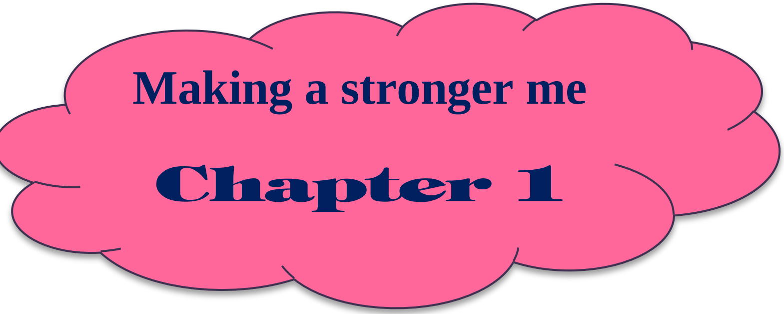
Primary three

First term

Name /.......................

Class /.......................

School /.....................



Life skills :

Life skills are the positive behaviors that ease the challenges of our life

Strategies I can use

Collaboration	Sharing and working with others
Communication	talking clearly and under standing each other
Critical thinking	Practice thinking and watch out for key ideas
Decision-making	Making the right choices
Empathy	Respecting their feelings
Problem-solving	Developing solutions
Self-management	Setting goals and working on goals

Revision

1-life skills are the (negative – positive) behaviors that ease the challenges

2- (writing tool – self management) is a life skills

3-self –management includes (setting goals – game)

4-self – management includes (drawing – working on goals)

5- (Collaboration – drawing) is a life skills

6- (Talking – critical thinking) is a life skills

7- (Reading – communication) is a life skills

8- (Empathy _ don't share materials) is a life skills

9- (talking – decision-making) is a life skills

10- (drawing – problem-solving) is a life skills

Fill in the table with sentences to refer to cooperation only :

-Listen to teacher -work individualy

-work together -share materials

-speak loudly -share ideas

-don't share materials

…………………………………………………………
…………………………………………………………
…………………………………………………………
…………………………………………………………
…………………………………………………………

Match :

Practice thinking	problem-solving
Sharing and working with others	communication
Making the right choices	self-management
Developing solutions	critical thinking
Setting goals	decision making
Talking clearly	empathy
Respecting their feelings	collaboration

Complete :

Problem-solving – collaboration – communication – empathy – self-management – decision-making – critical thinking

1-…………………………….setting goals and working on goals

2-…………………………….talking clearly

3-…………………………….practice thinking

4-……………………………… Respecting their feeling

5-……………………………….developing solutions

6-………………………………making the right choices

7-………………………………sharing and working with others

Put (T) or (F)

1-self-management is a life skills ( )

2-writing tool is a life skills ( )

3-drawing is a life skills ( )

4-collaboration is a life skills ( )

5-life skills are the negative behaviors ( )

6-self-management includes working on goals ( )

7-Empathy is a life skills ( )

8-communication is a life skills ( )

9-self-management includes setting goals ( )

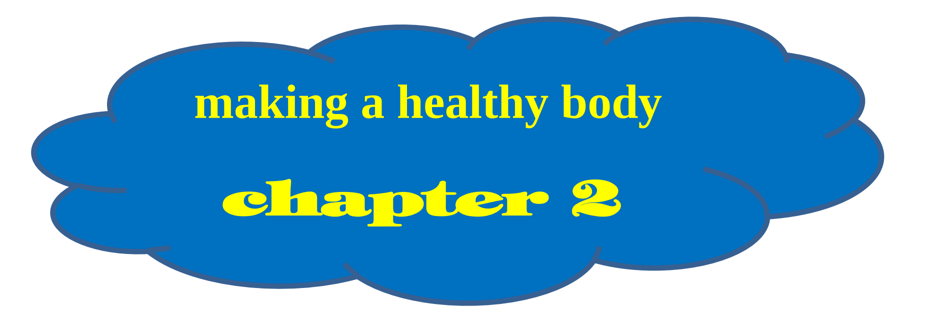
10-self-management includes drawing ( )

11-problem-solving is a life skills ( )

12-Reading is a life skills ( )

13-Game is a life skills ( )

14-Decision-making is a life skills ( )



Healthy and unhealthy

Healthy	Un healthy
Brushing teeth	Shouting at each others
Drinking milk	Watching tv all day
Sleeping early	Eating junk food every day
Exercising	Drinking soda drinks

Healthy habits :


1-get enough sleep





2-stay active

3-stay positive and calm

4-Eating healthy

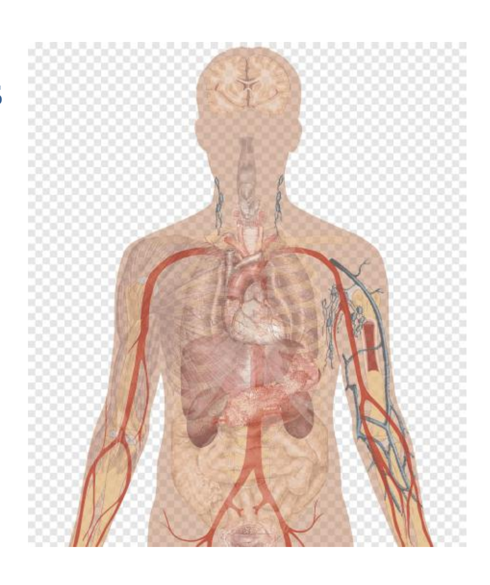


Map of the human body

Some body parts are seen and unseen

Seen	Unseen
Skin	Bones
Nose	Muscles
Hand	Stomach
Ears	Veins
Mouth	Heart

Diagrams :a special of picture with labels



I'm the skin

Organ : is a certain part human body that has a specific function

1-the skin color of your hands are similar



2-skin is the largest organ in the human body

3-skin keeps your body fluids inside



4-skin keeps your body temperature

5-skin protects you from harmful germs

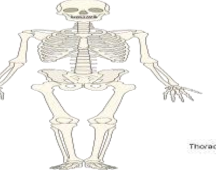
6-using sunscreen protects your skin from harmful sunrays



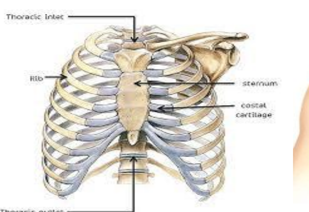
Bones and muscles work together

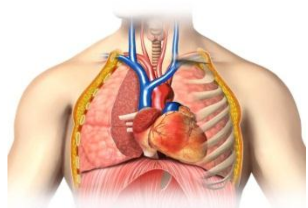
1-muscles and bones work together

2-Bones make up skelton

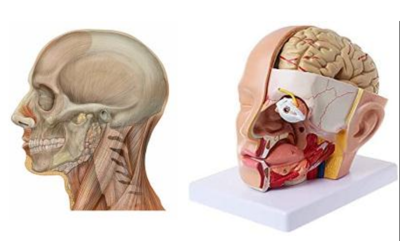


3-Ribcage protects the heart and lungs





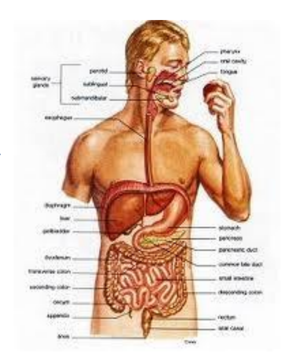
4-Skull protects eyes and the brain





5-When muscles move the skelton moves too

What happens to the food you eat ?



Digestion : it is the process that changes the food we eat into a simpler form

Steps of digestion :

1-our bodies give us signals when we need to eat

2-we chew the food in our mouths



3-we swallow the food

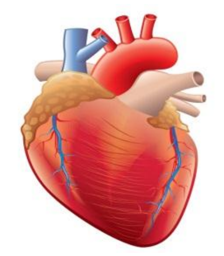


4-stomach contains acidic juice that mixes with the food

5-Nutrients go to the blood to give us energy



6-Stomach is a large muscular organ





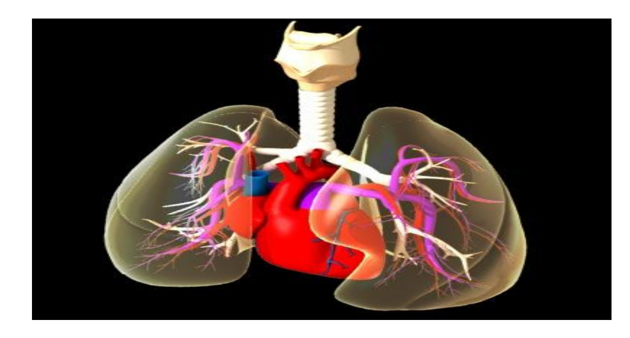
My heart :

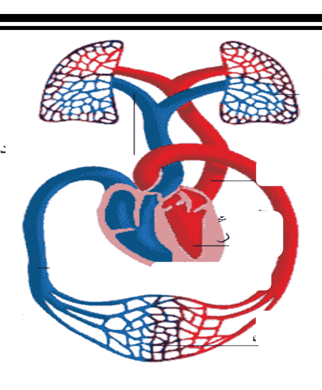
1-The heart is a strongest organ

2-The heart is in the size of your fist

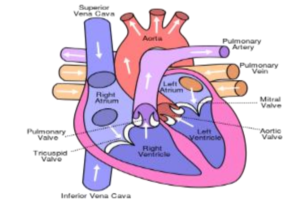


3-The heart lies between 2 lungs





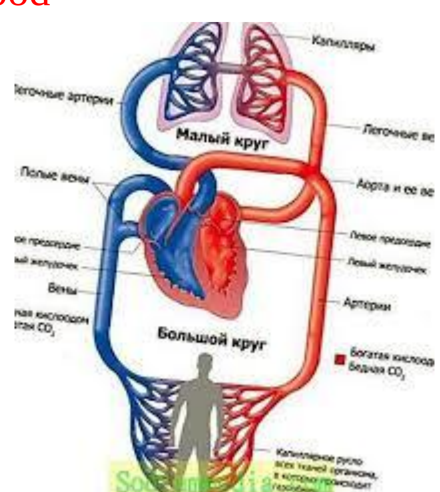
4-The heart beat and push blood through your body



5-The heart is divided into 2 sides

6-The heart automatically contracts and expand to beat

7-The heart expands when it's filled with blood



8-The heart contracts when pushing blood

9-Laughing is good for your heart

Revision

Fill in the table :

Drinking milk – eating junk food – drinking soda – shouting to each other – brushing teeth – sleeping early – Exercising – watching tv all day

Healthy	Unhealthy
……………………….	………………………..
……………………….	……………………….
………………………..	……………………….
……………………….	………………………..

Complete : (healthy – unhealthy)

1-Exercising (………………………..)

2-Drinking soda drinks (………………………….)

3-Eating junk food (………………………….)

4-Brushing teeth (………………………….)

5-Shouting to each other (………………………….)

6-Sleeping early (………………………….)

7-Drinking milk (………………………….)

8-Watching tv all day (………………………….)

Fill in the table :

Skin – bones – eyes – stomach – muscles – hair – leg – mouth – veins – heart – nose

Seen body parts	Unseen body parts
………………………..	…………………………..
………………………..	…………………………..
………………………….	…………………………..
………………………….	…………………………..
…………………………..	…………………………..
……………………………	…………………………..

Match :

Bones
Skin
Muscles
Nose — seen body parts
Mouth — unseen body parts
Veins
Heart
Leg
Stomach

Complete : (seen – unseen)

1-skin is ……………….body part
2-bones and muscles are …………………..body parts
3-Hair is ……………….body part
4-Veins is ………………body part
5-Nose is ………………..body part
6-Heart is ………………..body part

Complete :

Largest – fluids – similar – germs – constant – sun screen

1-using ……………..protects your skin from harmful sun rays
2-Skin keeps your body ………………..inside
3-The skin color of your hands are ………………..
4-Skin protects you from harmful …………………
5-Skin is the …………………organ in the human body
6-Skin keeps your body temperature ………………….

Choose :

1-Skin is the (smallest – largest) organ in the human body
2-The skin color of your hands are (similar _ difference)
3-Skin protects you from harmful (constant – germs)
4-Skin keeps your body (fluids – germs)inside
5-Skin keeps your body temperature (constant – variable)
6-Using (sun screen – sun glasses)protects your skin from harmful sun rays

Put (T) OR (F)

1-Skin is the largest organ in the human body ( )
2-Skin keeps your body temperature variable ( )
3-The skin color of your hands are similar ( )
4-Skin keeps your body fluids in side ( )
5-Using sunglasses protects your skin from harmful sun rays ( )
6-The skin color of your hands are difference ( )
7-Skin protects you from harmful germs ( )
8-The skin color of your hands are similar ( )

Put (T) or (F)

1-Bones make up ribcage ( )
2-Muscles and bones work together ( )
3-Skull protects hard organ ( )
4-Bones make up skeleton ( )
5-Ribcage protects the brain and lungs ( )
6-Skull protects eyes and the brain ( )
7-Ribcage protects the heart and the lungs ( )
8-When muscles move , the skeleton moves too ( )

Complete :

Bones – eyes and the brain – the heart and lungs – together – skeleton - ribcage – skull

1-……………….protects the brain and eyes

2-Muscles and bones work …………….

3-Skull protects …………………

4-………………..protects the heart and the lungs

5-……………….make up skeleton

6-Ribcage protects ………………..

7-Bones make up ………………..

Choose :

1-Bones make up (skull – skeleton)

2-Skull protects (the heart and lungs – the brain and the eyes)

3-Ribcage protects (the heart and lungs – the brain and the eyes)

4-(ribcage – skeleton) protects the heart and lungs

Complete : the steps of digestion

We chew food in our mouths – we swallow the food – nutrients go to the blood to give us energy

1-our bodies give us signals when we need to eat

2-……………………………………….

3-……………………………………….

4-Stomach contains acidic juice that mixes with the food

5-……………………………………….

Re – arrange the steps of digestion

-We chew the food in our mouths
- Nutrients go to the blood to give us energy
- Our bodies give us signals when we need to eat
- We swallow the food
- Stomach contains acidic juice that mixes with the food

1-……………………………………………………..
2-……………………………………………………..
3-……………………………………………………..
4-…………………………………………………….
5-……………………………………………………..

Complete :

Fist – beat and push – strongest – 2 lungs – 2 sides – contracts and expand - it's filled with blood – pushing blood

1-The heart is a ………………….. organ
2-The heart is in the size of your ……………..
3-The heart is divided into ………………..
4-The heart automatically ………….and ………….. to beat
5-The heart expand when ……………………….
6-The heart contracts when …………………….
7-The heart lies between …………………
8-The heart …………….and ……………..blood through your body

Choose :

1-The heart is a (largest – strongest) organ
2-Skin is the (strongest - largest) organ
3-The heart is in the size of your (fist – lungs)
4-The heart lies between (2 lungs – skull)

5-The heart is divided into (3pieces – 2 sides)
6-The heart automatically (contracts and expands – contracts) to beat
7-The heart contracts when (it's filled with blood – pushing blood)
8-The heart expands when (it's filled with blood – pushing blood)

Put (T) or (F)

1-The heart is a largest organ ( )
2-Skin is the largest organ ( )
3-The heart is in the size of your fist ( )
4-The heart is a strongest organ ( )
5-The heart expands when pushing blood ( )
6-The heart automatically contracts to beat ( )
7-The heart contracts when pushing blood ( )
8-The heart is divided into 3 pieces ( )
9-The heart lies between 2 lungs ( )
10-The heart expand when it's filled with blood ( )
11-The heart automatically contracts and expands to beat ( )
12-The heart is divided into 2 sides ( )

Get Fit With Healthy Eating

chapter 3

A canteen at school

Healthy	Unhealthy
Nuts	Pop corn
Yogurt	Candies
Milk	Potato chips
Fresh juice	Soda



My diet :

Diet : is the food we eat regularly

Nutrients : are the elements found inside food

Nutrients :

Proteins	Carbohydrates	Fats
Make our muscles stronger As in :	Give us energy As in :	Give us energy As in :
Meat	Bread	Milk
Fish	Cereal	Yogurt
Egg	Rice	Cheese
Nuts	Pasta	Butter
Dry beans		Oil

Vitamins and minerals :



Vitamins	Minerals
Are important nutrients that our bodies need in small amount	Are substances that our bodies need to stay healthy
Ex : Vitamin (A) :carrots Vitamin (C) :orange and guava Vitamin (D) :nuts	Ex : Calcium in milk and yogurt

Eating rainbow:



Red	Orange	yellow	Green	Indigo	Blue	Violet
Strawberry	Carrot	Banana	Avocado	Egg plant	Blue berries	Cabbage

How much sugar :

1-Causes tooth decay





2-Feeling anxious



3-Adds stress to our hearts

Fresh – processed

Fresh	Processed
It has natural sugar	Extra sugaris added
The peel has a lot of nutrients	The peel is taken off , so some nutrients are lost

Why water matters :

1-Water occupies most of our body

2-We lose water by sweating

3-(Hydration) is when we drink enough amount of water , that keeps our bodies healthy

4-If we lose water without replacing it , we will be (dehydration)

5-Drink 2 liters (8) cups of water every day

What are the benefits of water?	What happens when we lose too much water ?
Keeps our bodies temperature constant	Feel thirsty
Helps joints move property	Feel tired , dizzy and weak
Protects bones	Have a headache
Gets rid of toxins and wastes	Become dehydrates

Keeping food cold

In the past	Now days
Zeer pot	Refrigerator

Revision

Fill in the table :

Nuts – orange – soda – milk – fresh juice – candies – pop corn – yogurt – potato chips

Healthy	Unhealthy
…………………………..	………………………..
…………………………..	………………………..
………………………….	....
………………………….	…………………………
………………………….	…………………………….

Complete :

Diet – nutrients – energy – proteins – fats – carbohydrates

1-……………….are the elements found inside food

2-…………………..give us energy as in milk

3-……………………give us energy as in bread

4-…………………..make our muscles as in meat

5-…………………….is the food we eat regularly

6-Nutrients give us ………………………..

Choose :

1-(diet – nutrients) is the food we eat regularly

2-(fats – carbohydrates) give us energy as in milk

3-(proteins – carbohydrates) give us energy as in bread

4-(diet – nutrients) are the elements found inside food

5-Nutrients give us (protein – energy)

6-(proteins – fats) make our muscles

Fill in the table :

Meat – bread – milk – yogurt – fish – dry beans – rice – pasta – eggs – butter – cheese

Proteins	Carbohydrates	Fats
……………..	……………….	……………..
……………..	……………………	……………….
……………….	……………….	……………….
……………….	……………………	…………………

Match :

Meat
Bread
Rice
Dry beans proteins
Butter fats
Milk carbohydrates
Yogurt
Fish
Eggs
Cheese
Pasta

Put (T) OR (F)

1-Eating extra sugar makes us feel happy ( )
2-Eating extra sugar adds stress to our hearts ( )
3-Eating extra sugar causes bad effects to our bodies ( )
4-Eating extra sugar makes us gain weight ( )
5-Eating extra sugar causes tooth decay ( )
6-We should stop eating extra sugar ( )

Match :

Strawberry	violet
Banana	blue
Carrot	indigo
Avocado	green
Cabbage	red
Egg plant	yellow
Blue berries	orange

Fill in the table :

Extra sugar is added – it has natural sugar – the peel is taken off , so some nutrients are lost – the peel has a lot of nutrients

Fresh	Processed
……………………… ……………………… ………………………	………………………….. ………………………….. …………………………..
………………………… ………………………… ………………………… ……………………………	………………………… ………………………… ………………………….. …………………………..

Choose :

1-It has natural sugar (fresh – processed)

2-Extra sugar is added (fresh – processed)

3-The peel has a lot of nutrients (fresh – processed)

4-The peel is taken off , so some nutrients are lost (fresh – processed)

Put (T) or (F)

1-Fresh peach has more nutrients ( )

2-Extra sugar is added to processed ( )

3-Fresh peach is very healthy ( )

4-The peel is taken off from fresh peach ( )

5-Fresh peach has natural sugar ( )

Choose :

1-(water – food) occupies most of our bodies

2-(hydration – dehydration) is when we drink enough amount of water , that keeps our bodies healthy

3-If we lose water without replacing it we will be (hydration – dehydrated)

4-We lose water by (drinking – sweating)

5-Water keeps our body temperature (high – constant)

6-We need to drink (4 cups – 8 cups) of water every day

Put (T) or (F) :

1-Air occupies most of our bodies ( )

2-We lose water by sweating ( )

3-We need to drink 4 cups of water every day ( )

4-Hydration is when we drink enough amount of water , that keeps our bodies healthy ( )

5-We lose water by drinking ( )

6-Water keeps our body temperature high ( )

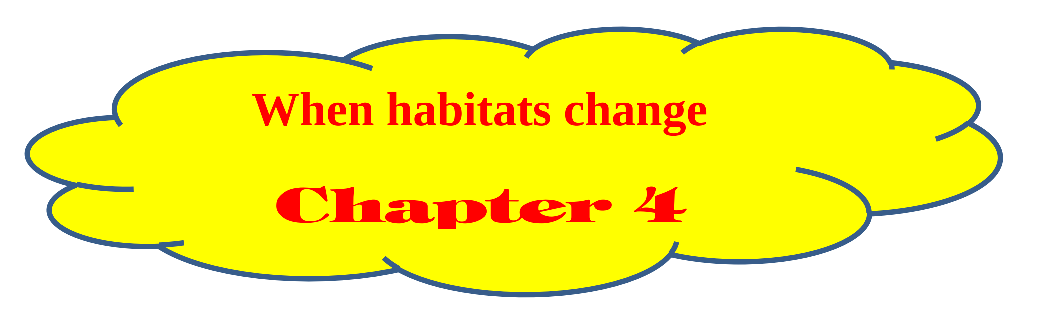
7-If we lose water without replacing it , we will be dehydrated ( )

8-Water occupies most of our bodies ( )

9-We need drink 8 cups of water every day ( )

10-Water keeps our body temperature constant ( )

11-Dehydration is when we drink enough amount of water , that keeps our bodies healthy ( )





Habitat : is the environment where plants and animals normally live and grow

My local habitat :

Animals	Plants	Non-living things
Bear	Tree	Rocks
Fish	Grass	Water
Bird		Air
Hippo		Sun

A zookeeper's job :





1-I provide the animals with the suitable



2-I prepare the suitable place for the animals to live in shelter

Organism :

1-Is a creature such as plants and animals

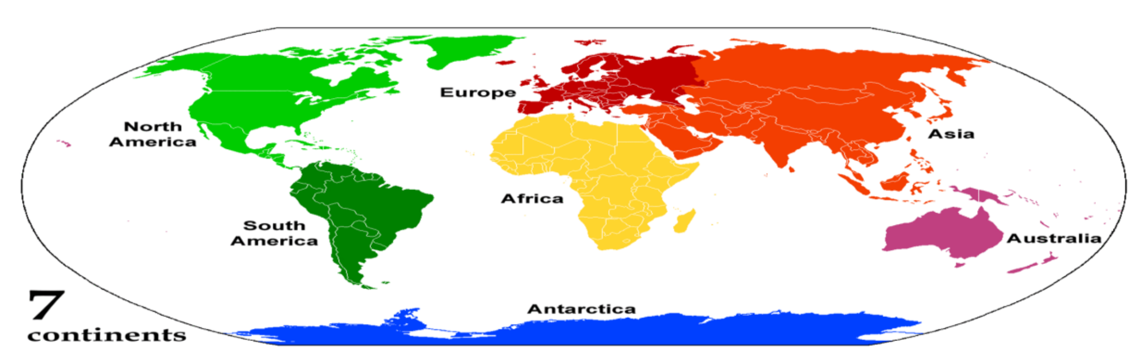
2-Need organisms need water , food ,shelter to survive

Habitats

	Polar habitat (tundra)	Rain forest habitat (tropical habitat)	Grass land	Wet land habitat
Weather	Cold and windy	Rainy Warm	Warm in summer Cold in winter	Warm or cold or multiple season
Plants	Shrubs -moss	-Tall grass -Ground plants	-Few tress -Tall grass and bushes	-Can grow at the top or under the water
Animals	-Polar bear -whale -Penguin -Artic fox	-macaw -monkey -large snake	-prairie dog -giraffe -rabbits -lion and cheetahs	-turtle -frogs

The world's map

Continents :

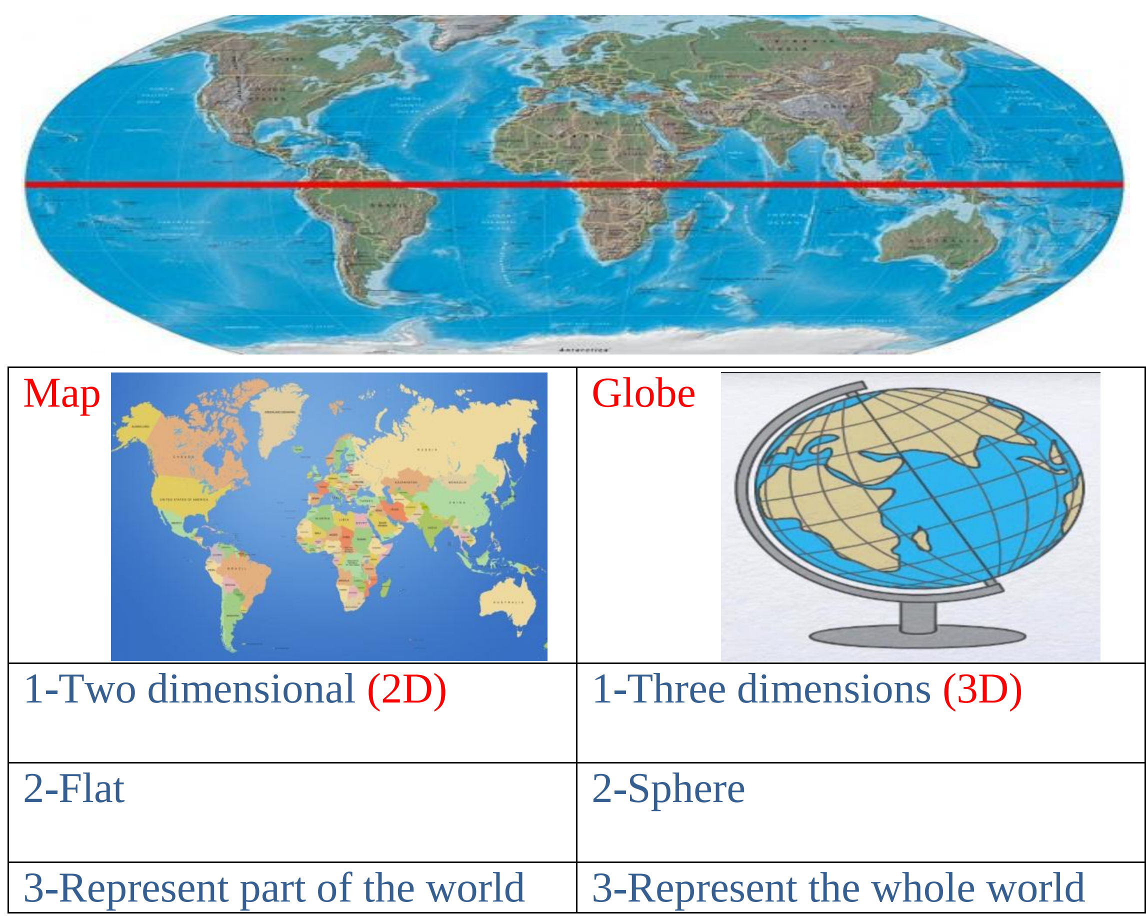


Are the very large continous area of lands that include countries

Ex: (Africa)

Equator :

Is the invisible line that passes through the middle of the map



Map	Globe
1-Two dimensional (2D)	1-Three dimensions (3D)
2-Flat	2-Sphere
3-Represent part of the world	3-Represent the whole world

-Egypt is found in Africa

-Asia is the largest continent

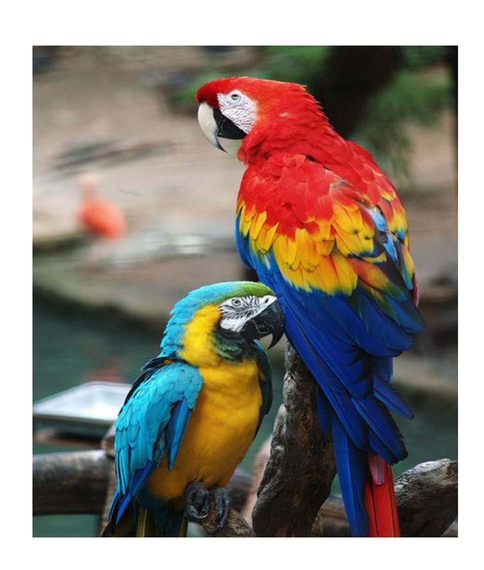
-The equator divides the world into 2 hemispheres

-Antarctica continent contains polar habitat

-The equator through the middle of the map

Nourthern hemisphere	Southern hemisphere
Europe	Australia
North America	Antarctica

Where might a macaw live ?



1-Macaws live in rainforest habitat

2-They make their homes in the trees

3-They eat nuts – fruits and insects

Is this the best habitat :

Ocean habitat	Desert habitat
Fish , shark and dolphin breathes by gills	Camel breathes by lungs
Fish , shark , dolphin and octopus live in ocean habitat	Cactus is one of the desert plants
	The weather in the desert is hot and dry

Changes in the environment

1-flood



2-fire



3-drought



4-pollution



Plants and animals can cause change

	Plants	Animals
cause	Water hyacinth	Overgrazing of animals
Effect	-use a lot of water -prevent sunlight and oxygen to reach the aquatic plants	-remove plants and grass -the soil becomes hard and sandy

Revision

Complete :

Habitat – a zookeeper's job – organism

1-……………………is a creature such as plants and animals , that usually needs basic needs to survive

2-……………………is the environment where plants and animals normally live and grow

3-……………………provide the animals with the suitable food

Choose :

1-(A zookeeper's job – organism) prepare the suitable place for the animals to live in shelter

2-(Habitat – organism) is the environment where plants and animals normally live and grow

3-(Organism – A zookeeper's) provide the animals with the suitable

4-(organism – habitat) is a creature such as plants and animals

Fill in the table :

Cold and windy – rainy and warm – tall trees – shrubs – moss – ground plants – monkey – polar bear – penguin – whale – macaw – large snake

	Polar habitat	Rain forest habitat
Weather	……………………..	……………………
Plants	…………………… ……………………	…………………….. ……………………
Animals	…………………… ……………………	…………………….. ……………………..

Fill in the table :

Multiple season – warm in summer and cold in winter – can grow at the top or under water – few trees, tall grass – turtle – giraffe – rabbits – frogs

	Grass land	Wetland habitat
Weather	……………………..	…………………….
Plants	……………………..	…………………….
Animals	……………………. …………………….	………………………. ………………………..

Match :

Polar bear

Large snake grass land

Turtle

Giraffe wetland habitat

Rabbits

Monkey polar habitat

Whale

Penguin rain forest habitat

Match :

Rainy , warm	grass land
Multiple season	wetland habitat
Cold and windy	polar habitat
Warm in summer and cold in winter	rain forest habitat

choose :

1-(polar habitat – large snake) can live in polar habitat

2-(lions and cheetahs – turtle) can live in grass land habitat

3-(giraffe – turtle) can live in wetland habitat

4-(macaw – penguin)can live in rain forest habitat

5-(monkey – penguin) can live in polar habitat

6-(whale – frogs) can live in polar habitat

7-(frogs – giraffe) can live in grass land habitat

8-(arctic fox – monkey) can live in polar habitat

Fill in the table :

Two dimensional – three dimensions – sphere – flat – represent part of the world – represent the whole world

Map	Globe
……………………………	…………………………………
……………………………	…………………………………
……………………………..	…………………………………

Match :

2D

3D

Flat globe

Sphere map

Represent part of the world

Represent the whole world

Put (T) OR (F)

1-Egypt is found in Asia ( )

2-Asia is the largest continent ( )

3-North America is located at the north of the equator ( )

4-Australlia is located at the north of the equator ( )

5-Egypt is found in Africa ( )

6-Antarctica is located at the south of the equator ( )

7-Europe is located at the south of the equator ( )

8-Australlia is located at the south of the equator ( )

9-Europe is located at the north of the equator ( )

10-The equator divides the world into 3 hemisphere ( )

11-The equator through the middle of the map ( )

12-Africa is the largest continent ( )

Complete :

Africa – Asia – 2 hemispheres – Europe – Australia – map – globe – north – south

1-North America is located at the …………………of the equator

2-Egypt is found in ……………………

3-……………is represent the whole world

4-……………..is represent part of the world

5-…………………is the largest continent

6-The equator divides the world into …………………

7-…………………is located at the north of equator

8-………………..is located at the south of the equator

9-Antractica is located at the ……………of the equator

Put (T) OR (F)

1-Macaws eat nuts ( )

2-Macaws make their homes in desert ( )

3-Macaws live in polar habitat ( )

4-Macaws eat rabbits ( )

5-Macaws live in rain forest habitat ( )

6-Macaws eat insects ( )

7-Macaws make their homes in the trees ( )

8-Macaws eat fruits ( )

Choose :

1-Macaws eat (nuts – rabbits)

2-Macaws live in (wetland habitat – rain forest habitat)

3-Macaws eat (vegetables – fruits)

4-Macaws eat (insects – butter fly)

5-Macaws make their homes in the (trees – desert)

Choose :

1-Octopus live in an (grass land – ocean) habitat

2-(cactus – flower) is one of the desert plants

3-Camel breathes by (gills – lungs)

4-Shark breathes by (lungs – gills)

5-Fish breaths by (lungs – gills)

6-The weather in the desert is (hot and dry – cold)

7-Camel live in a (desert – ocean)

Put (T) OR (F)

1-Shark breathes by lungs ( )

2-Flower is one of the desert plants ( )

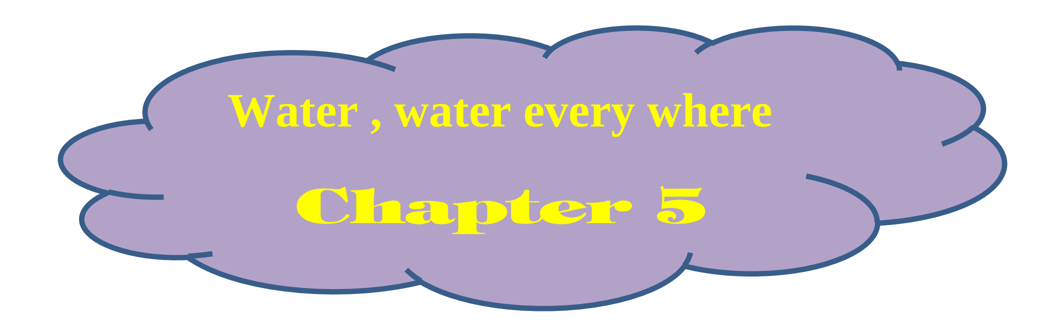
3-The weather in the desert is hot and dry ( )

4-Camel breathes by gills ( )

5-Fish breathes by gills ( )

6-Dolphin breathes by lungs ( )

7-Camel breathes by lungs ( )

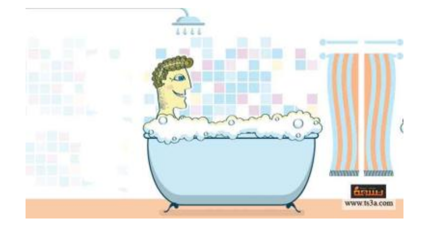


Water , water every where

Chapter 5

Importance of water

1-Drinking  2-Cooking 

3-Washing our selves 

4-Watering plants 

5-Transportation 

6-Producing electricity (high dam) 

Sources of water

1-Ocean  2-Ponds 

3-Lakes  4-Rivers 

Water in our world

Salt water	Fresh water
Ocean Sea	Liquid water Rivers – lakes – underground water Frozen water Glaciers – ice caps

1-The percentage of salt water greater than the percentage of fresh water

2-The percentage of liquid water smaller than the percentage of frozen water

Siwa oasis :



1-In Siwa oasis ,the main source of water is underground water



2-Siwa oasis is a place in the desert

3-Spearmint is used for medicines



4-The most famous animal in Siwa is wolves and white deer





5-The most famous plants in Siwa are date palm and olives





The water cycle in nature

1-Evaporation (humid)



2-Condensation (cloudy)



3-Precipitation (rainy)



Weather – climate

Weather	Climate
Describe the condition around us a short time	Is the average weather condition around us over
Wind speed	Wind speed
Temperature	Temperature
Precipitation	Precipitation

A factor that affects climate

Alexandria	Luxor
The weather is humid and rainy Because It's location is near to the large body of water (Mediterranean sea)	The weather is hot and dry Because It's location away from the large body of water

Water issues :

Flood	Drought
Is the heavy precipitation in a short period of time	Is the lack of precipitation in a long period of time

Revision

Fill in the table :

Rivers – ice caps – sea – lakes – ocean – underground water

Salt water	Fresh water
……………………….	…………………………..
……………………….	……………………………
………………………..	…………………………….

Match :

Ocean

Rivers   salt water

Underground water   fresh water

Sea

Lakes

Put (T) OR (F)

1-Olives is used for medicines ( )

2-The most famous plants in Siwa is strawberry ( )

3-Siwa oasis is a place in the desert ( )

4-Spearmint is used for medicines ( )

5-In siwa oasis , the main source of water is ocean ( )

6-The most famous animal in siwa is wolves ( )

7-The most famous plants in siwa is olives ( )

8-In siwa oasis , the main source of water is under ground water . ( )

Choose :

1-(spearmint – olives) is used for medicines

2-The most famous animal in siwa is (monkey – wolves)

3-The most famous animal in siwa is (white deer – giraffe)

4-Siwa oasis in a place in the (desert – ocean)

5-The most famous plants in siwa is (strawberry – olives)

6-The most famous plants in siwa is (date palm – apples)

7-In siwa oasis , the main source of water is (underground water – sea)

Re –arrange :

The water cycle in nature

-Precipitation

-Condensation

-Evaporation

1-………………………………..

2-………………………………..

3-……………………………….

Complete :

the water cycle in nature

condensation – precipitation

1-Evaporation

2-……………………….

3-………………………

Match :

Evaporation	rainy
Condensation	humid
Precipitation	cloudy

Complete :

Evaporation – condensation – precipitation

1-……………………….process causes rainy weather

2-…………………….process causes humid weather

3-…………………..process causes cloudy weather

How can I help

Chapter 6

Flood :



1-It damages the habitats of some animals

2-It occurs due to heavy amount of rain

Identifying impacts

Effect on the environment	Effect on the community people
Beaches are washed away	People stuck home
Animals leave their habitats	People feel scared

Volunteer :

Is the one that helps others in different activities without being paid

Example :

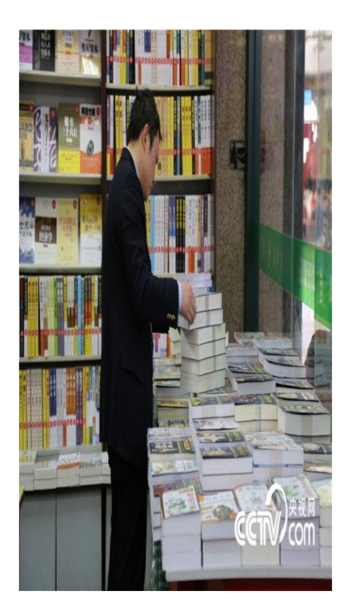
1-She helps old people

2-He puts trash out side the house

3-He plants trees in the street

4-She organizes the book in the library



Being a good citizen

1-Collect donates for people in need

2-Clean their streets

3-Plant trees in the streets

4-Help old people

5-Loyal

6-Interact with the teacher at school

I can lead

1-I am brave , polite and funny

2-I am good communicator and kind

3-I am caring and fair

4-I am good communicator , wise and help others

Flood prevention :



1-Dam :

-Prevent severe flooding

-Water passes slowly through dam

2-sand bags :to prevent flood water from reaching houses



3-Canals :flood water is diverted to canals



Jobs can have on impact

1-Civil engineer :building cities

2-Fire fighter : it puts out the fire

3-Police officer : people are protected from thieves

An interview with a leader :

Cleopatra	Naguib Mahfouz	Samera Mousa	Dr . magdy yacoub	Umm Kulthum
An ancient queen of Egypt	An Egyptian writer	An Egyptian nuclear Physicist	An Egyptian professor of heart surgery	An Egyptian singer
Ruled Egypt many years	Won Nobel prize	Worked to make medicine using unclear technology	Head of Magdi yacoub heart foundation in Aswan	Helped the community during the war

A problem at the oasis

In the past	Today
People made the shadoof to collect underground water	People used the electric water pump to pump fresh water

Revision

Complete :

Good citizen – bad citizen

1-Cheating……………………….

2-He plants trees in the street …………………

3-Loyal…………………

4-Help old people……………………

5-Throwing trash…………………

6-She organizes the book in the library……………

7-Disrespect each other………………

8-Collect donates for people in need……………..

9-Beat my friend…………………

10-Speak loudly and don't listen…………………

11-Interact with the teacher at school…………………

Choose :

1-He plants trees in the street (good citizen – bad citizen)

2-Loyal (good citizen – bad citizen)

3-Cheating (good citizen – bad citizen)

4-Beat my friend (bad citizen – good citizen)

5-Clean their streets (bad citizen – good citizen)

6-Help old people (bad citizen – good citizen)

7-Speak loudly and don't listen (good citizen – bad citizen)

8-Interact with the teacher at school

(bad citizen – good citizen)

9-Throwing trash (good citizen – bad citizen)

10-She organizes the books in the library

(good citizen – bad citizen)

11-Collect donates for people in need

(good citizen – bad citizen)

Complete :

Dam – sand bags – canals – slowly

1-…………………..prevent severe flooding

2-Flood water is diverted…………………..

3-Water passes …………………… through dams

4-To prevent flood water from reaching houses , we put …………….

Put (T) OR (F)

1-Flood water is diverted to canals ( )

2-Flood water is diverted to sand bags ( )

3-Water passes slowly through dams ( )

4-To prevent flood water from reaching houses we put sand bags ( )

5-Canals prevent severe flooding ( )

6-Dam prevent severe flooding ( )

Match :

Building cities police officer

It puts out the fire civil engineer

People are protected from thieves fire fighter

Complete :

Fire fighter – civil engineer – police officer

1-Building houses (………………………….)

2-It puts out the fire (…………………………..)

3-People are protected from thieves (…………………….)

Complete :

Naguib Mahfouz – samera moussa – Cleopatra – umm kulthum

- dr.Magdy yacoub

1-……………………an ancient queen of Egypt

2-……………………an Egyptian professor of heart surgery

3-……………………an Egyptian writer

4-…………………an Egyptian singer

5-…………………..an Egyptian unclear physicist

Match :

An Egyptian professor of Heart surgery	naguib mahfouz
An Egyptian singer	Cleopatra
An Egyptian nuclear physicist	dr. magdy yacoub
An ancient queen of Egypt	umm kulthum
An Egyptian writer	samera moussa

Put (T) OR (F)

1-Cleopatra an Egyptian singer ( )

2-Umm kulthum an Egyptian writer ( )

3-Dr . magdy yacoub an Egyptian professor of heart surgery ( )

4-Naguib Mahfouz an Egyptian writer ( )

5-Samira moussa an unclear physicist ( )

6-Cleopatra an ancient queen of Egypt ( )

7-Umm kulthum an Egyptian singer ( )

Revision

1-life skills are the (negative – positive) behaviors that ease the challenges

2- (writing tool – self management) is a life skills

3-self –management includes (setting goals – game)

4-self – management includes (drawing – working on goals)

5- (Collaboration – drawing) is a life skills

6- (Talking – critical thinking) is a life skills

7- (Reading – communication) is a life skills

8- (Empathy _ don't share materials) is a life skills

9- (talking – decision-making) is a life skills

10- (drawing – problem-solving) is a life skills

Fill in the table with sentences to refer to cooperation only :

-Listen to teacher

-work individualy

-work together

-share materials

-speak loudly

-share ideas

-don't share materials

………………………………………………………
………………………………………………………
………………………………………………………
………………………………………………………
………………………………………………………

Match :

Practice thinking	problem-solving
Sharing and working with others	communication
Making the right choices	self-management
Developing solutions	critical thinking
Setting goals	decision making
Talking clearly	empathy
Respecting their feelings	collaboration

Complete :

Problem-solving – collaboration – communication – empathy – self-management – decision-making – critical thinking

1-…………………………….setting goals and working on goals

2-…………………………….talking clearly

3-……………………………..practice thinking

4-……………………………… Respecting their feeling

5-…………………………………developing solutions

6-………………………………making the right choices

7-………………………………sharing and working with others

Put (T) or (F)

1-self-management is a life skills ( )

2-writing tool is a life skills ( )

3-drawing is a life skills ( )

4-collaboration is a life skills ( )

5-life skills are the negative behaviors ( )

6-self-management includes working on goals ( )

7-Empathy is a life skills ( )

8-communication is a life skills ( )

9-self-management includes setting goals ( )

10-self-management includes drawing ( )

11-problem-solving is a life skills ( )

12-Reading is a life skills ( )

13-Game is a life skills ( )

14-Decision-making is a life skills ( )

Fill in the table :

Drinking milk – eating junk food – drinking soda – shouting to each other – brushing teeth – sleeping early – Exercising – watching tv all day

Healthy	Unhealthy
…………………………	…………………………..
…………………………	…………………………
…………………………..	…………………………
…………………………	…………………………..

Complete : (healthy – unhealthy)

1-Exercising (………………………..)
2-Drinking soda drinks (…………………………)
3-Eating junk food (…………………………)
4-Brushing teeth (…………………………)
5-Shouting to each other (…………………………)
6-Sleeping early (…………………………)
7-Drinking milk (…………………………)
8-Watching tv all day (…………………………)

Fill in the table :

Skin – bones – eyes – stomach – muscles – hair – leg – mouth – veins – heart – nose

Seen body parts	Unseen body parts
………………………..	…………………………..
………………………..	…………………………..
…………………………	…………………………..
…………………………	…………………………..
…………………………..	…………………………..
…………………………..	…………………………..

Match :

Bones
Skin
Muscles
Nose seen body parts
Mouth unseen body parts
Veins
Heart
Leg
Stomach

Complete : (seen – unseen)

1-skin is ……………….body part

2-bones and muscles are …………………..body parts

3-Hair is ……………….body part

4-Veins is ………………body part

5-Nose is ………………..body part

6-Heart is ………………..body part

Complete :

Largest – fluids – similar – germs – constant – sun screen

1-using ……………..protects your skin from harmful sun rays

2-Skin keeps your body ………………..inside

3-The skin color of your hands are ………………..

4-Skin protects you from harmful …………………

5-Skin is the …………………organ in the human body

6-Skin keeps your body temperature ………………….

Choose :

1-Skin is the (smallest – largest) organ in the human body

2-The skin color of your hands are (similar _ difference)

3-Skin protects you from harmful (constant – germs)

4-Skin keeps your body (fluids – germs)inside

5-Skin keeps your body temperature (constant – variable)

6-Using (sun screen – sun glasses)protects your skin from harmful sun rays

Put (T) OR (F)

1-Skin is the largest organ in the human body ( )
2-Skin keeps your body temperature variable ( )
3-The skin color of your hands are similar ( )
4-Skin keeps your body fluids in side ( )
5-Using sunglasses protects your skin from harmful sun rays ( )
6-The skin color of your hands are difference ( )
7-Skin protects you from harmful germs ( )
8-The skin color of your hands are similar ( )

Put (T) or (F)

1-Bones make up ribcage ( )
2-Muscles and bones work together ( )
3-Skull protects hard organ ( )
4-Bones make up skeleton ( )
5-Ribcage protects the brain and lungs ( )
6-Skull protects eyes and the brain ( )
7-Ribcage protects the heart and the lungs ( )
8-When muscles move , the skeleton moves too , ( ).

Complete :

Bones – eyes and the brain – the heart and lungs – together – skeleton - ribcage – skull

1-……………….protects the brain and eyes
2-Muscles and bones work …………….
3-Skull protects …………………
4-……………….protects the heart and the lungs
5-……………….make up skeleton
6-Ribcage protects ………………..
7-Bones make up ………………..

Choose :

1-Bones make up (skull – skeleton)

2-Skull protects (the heart and lungs – the brain and the eyes)

3-Ribcage protects (the heart and lungs – the brain and the eyes)

4-(ribcage – skeleton) protects the heart and lungs

Complete : the steps of digestion

We chew food in our mouths – we swallow the food – nutrients go to the blood to give us energy

1-our bodies give us signals when we need to eat

2-……………………………………………

3-……………………………………………

4-Stomach contains acidic juice that mixes with the food

5-…………………………………………….

Re – arrange the steps of digestion

-We chew the food in our mouths

- Nutrients go to the blood to give us energy
- Our bodies give us signals when we need to eat
- We swallow the food
- Stomach contains acidic juice that mixes with the food

1-…………………………………………………………..

2-…………………………………………………………..

3-…………………………………………………………..

4-………………………………………………………….

5-…………………………………………………………..

Complete :

Fist – beat and push – strongest – 2 lungs – 2 sides – contracts and expand - it's filled with blood – pushing blood

1-The heart is a ………………….. organ

2-The heart is in the size of your ……………..

3-The heart is divided into ………………..

4-The heart automatically ………….and ………….. to beat

5-The heart expand when ……………………….

6-The heart contracts when …………………….

7-The heart lies between …………………

8-The heart …………….and ……………..blood through your body

Choose :

1-The heart is a (largest – strongest) organ

2-Skin is the (strongest - largest) organ

3-The heart is in the size of your (fist – lungs)

4-The heart lies between (2 lungs – skull)

5-The heart is divided into (3pieces – 2 sides)

6-The heart automatically (contracts and expands – contracts) to beat

7-The heart contracts when (it's filled with blood – pushing blood)

8-The heart expands when (it's filled with blood – pushing blood)

Put (T) or (F)

1-The heart is a largest organ ( )

2-Skin is the largest organ ( )

3-The heart is in the size of your fist ( )

4-The heart is a strongest organ ( )
5-The heart expands when pushing blood ( )
6-The heart automatically contracts to beat ( )
7-The heart contracts when pushing blood ( )
8-The heart is divided into 3 pieces ( )
9-The heart lies between 2 lungs ( )
10-The heart expand when it's filled with blood ( )
11-The heart automatically contracts and expands to beat ( )
12-The heart is divided into 2 sides ( )

Fill in the table :

Nuts – orange – soda – milk – fresh juice – candies – pop corn – yogurt – potato chips

Healthy	Unhealthy
…………………………..	…………………………
…………………………..	…………………………
…………………………	....
…………………………	…………………………
…………………………	………………………………

Complete :

Diet – nutrients – energy – proteins – fats – carbohydrates

1-……………….are the elements found inside food
2-…………………..give us energy as in milk
3-……………………give us energy as in bread
4-…………………..make our muscles as in meat
5-…………………….is the food we eat regularly
6-Nutrients give us ………………………..

Choose :

1-(diet – nutrients) is the food we eat regularly
2-(fats – carbohydrates) give us energy as in milk
3-(proteins – carbohydrates) give us energy as in bread
4-(diet – nutrients) are the elements found inside food
5-Nutrients give us (protein – energy)
6-(proteins – fats) make our muscles

Fill in the table :

Meat – bread – milk – yogurt – fish – dry beans – rice – pasta – eggs – butter – cheese

Proteins	Carbohydrates	Fats
……………..	……………….	……………..
……………..	....	……………….
……………….	……………….	……………….
……………….	....	…………………

Match :

Meat
Bread
Rice
Dry beans — proteins
Butter — fats
Milk — carbohydrates
Yogurt
Fish
Eggs
Cheese
Pasta

Put (T) OR (F)

1-Eating extra sugar makes us feel happy ( )

2-Eating extra sugar adds stress to our hearts ( )

3-Eating extra sugar causes bad effects to our bodies ( )

4-Eating extra sugar makes us gain weight ( )

5-Eating extra sugar causes tooth decay ( )

6-We should stop eating extra sugar ( )

Match :

Strawberry	violet
Banana	blue
Carrot	indigo
Avocado	green
Cabbage	red
Egg plant	yellow
Blue berries	orange

Fill in the table :

Extra sugar is added – it has natural sugar – the peel is taken off , so some nutrients are lost – the peel has a lot of nutrients

Fresh	Processed
……………………… ……………………… ………………………	………………………….. ………………………….. …………………………..
………………………… ………………………… ………………………… ……………………………	………………………… ………………………… ………………………….. …………………………..

Choose :

1-It has natural sugar (fresh – processed)

2-Extra sugar is added (fresh – processed)

3-The peel has a lot of nutrients (fresh – processed)

4-The peel is taken off , so some nutrients are lost (fresh – processed)

Put (T) or (F)

1-Fresh peach has more nutrients ( )

2-Extra sugar is added to processed ( )

3-Fresh peach is very healthy ( )

4-The peel is taken off from fresh peach ( )

5-Fresh peach has natural sugar ( )

Choose :

1-(water – food) occupies most of our bodies

2-(hydration – dehydration) is when we drink enough amount of water , that keeps our bodies healthy

3-If we lose water without replacing it we will be (hydration – dehydrated)

4-We lose water by (drinking – sweating)

5-Water keeps our body temperature (high – constant)

6-We need to drink (4 cups – 8 cups) of water every day

Put (T) or (F) :

1-Air occupies most of our bodies ( )

2-We lose water by sweating ( )

3-We need to drink 4 cups of water every day ( )

4-Hydration is when we drink enough amount of water , that keeps our bodies healthy ( )

5-We lose water by drinking ( )

6-Water keeps our body temperature high ( )

7-If we lose water without replacing it , we will be dehydrated ( )

8-Water occupies most of our bodies ( )

9-We need drink 8 cups of water every day ( )

10-Water keeps our body temperature constant ( )

11-Dehydration is when we drink enough amount of water , that keeps our bodies healthy ( )

Complete :

Habitat – a zookeeper's job – organism

1-……………………is a creature such as plants and animals , that usually needs basic needs to survive

2-……………………is the environment where plants and animals normally live and grow

3-……………………provide the animals with the suitable food

Choose :

1-(A zookeeper's job – organism) prepare the suitable place for the animals to live in shelter

2-(Habitat – organism) is the environment where plants and animals normally live and grow

3-(Organism – A zookeeper's) provide the animals with the suitable

4-(organism – habitat) is a creature such as plants and animals

Fill in the table :

Cold and windy – rainy and warm – tall trees – shrubs – moss – ground plants – monkey – polar bear – penguin – whale – macaw – large snake

	Polar habitat	Rain forest habitat
Weather	………………………..	………………………
Plants	……………………… ………………………	……………………….. ………………………
Animals	……………………… ………………………	……………………….. ………………………..

Fill in the table :

Multiple season – warm in summer and cold in winter – can grow at the top or under water – few trees, tall grass – turtle – giraffe – rabbits – frogs

	Grass land	Wetland habitat
Weather	………………………..	………………………
Plants	………………………..	………………………
Animals	……………………… ………………………	……………………… ………………………..

Match :

Polar bear

Large snake   grass land

Turtle

Giraffe   wetland habitat

Rabbits

Monkey polar habitat

Whale

Penguin rain forest habitat

Match :

Rainy , warm grass land

Multiple season wetland habitat

Cold and windy polar habitat

Warm in summer and cold rain forest habitat

in winter

choose :

1-(polar habitat – large snake) can live in polar habitat

2-(lions and cheetahs – turtle) can live in grass land habitat

3-(giraffe – turtle) can live in wetland habitat

4-(macaw – penguin)can live in rain forest habitat

5-(monkey – penguin) can live in polar habitat

6-(whale – frogs) can live in polar habitat

7-(frogs – giraffe) can live in grass land habitat

8-(arctic fox – monkey) can live in polar habitat

Fill in the table :

Two dimensional – three dimensions – sphere – flat – represent part of the world – represent the whole world

Map	Globe
…………………………….	…………………………………..
…………………………….	…………………………………..
……………………………..	…………………………………..

Match :

2D

3D

Flat globe

Sphere map

Represent part of the world

Represent the whole world

Put (T) OR (F)

1-Egypt is found in Asia ( )

2-Asia is the largest continent ( )

3-North America is located at the north of the equator ( )

4-Australlia is located at the north of the equator ( )

5-Egypt is found in Africa ( )

6-Antarctica is located at the south of the equator ( )

7-Europe is located at the south of the equator ( )

8-Australlia is located at the south of the equator ( )

9-Europe is located at the north of the equator ( )

10-The equator divides the world into 3 hemisphere ( )

11-The equator through the middle of the map ( )

12-Africa is the largest continent ( )

Complete :

Africa – Asia – 2 hemispheres – Europe – Australia – map – globe – north – south

1-North America is located at the …………………of the equator

2-Egypt is found in ……………………

3-……………is represent the whole world

4-……………..is represent part of the world

5-…………………is the largest continent

6-The equator divides the world into …………………

7-…………………..is located at the north of equator

8-………………..is located at the south of the equator

9-Antractica is located at the ……………of the equator

Put (T) OR (F)

1-Macaws eat nuts ( )

2-Macaws make their homes in desert ( )

3-Macaws live in polar habitat ( )

4-Macaws eat rabbits ( )

5-Macaws live in rain forest habitat ( )

6-Macaws eat insects ( )

7-Macaws make their homes in the trees ( )

8-Macaws eat fruits ( )

Choose :

1-Macaws eat (nuts – rabbits)

2-Macaws live in (wetland habitat – rain forest habitat)

3-Macaws eat (vegetables – fruits)

4-Macaws eat (insects – butter fly)

5-Macaws make their homes in the (trees – desert)

Choose :

1-Octopus live in an (grass land – ocean) habitat

2-(cactus – flower) is one of the desert plants

3-Camel breathes by (gills – lungs)

4-Shark breathes by (lungs – gills)

5-Fish breaths by (lungs – gills)

6-The weather in the desert is (hot and dry – cold)

7-Camel live in a (desert – ocean)

Put (T) OR (F)

1-Shark breathes by lungs ( )

2-Flower is one of the desert plants ( )

3-The weather in the desert is hot and dry ( )

4-Camel breathes by gills ( )

5-Fish breathes by gills ( )

6-Dolphin breathes by lungs ( )

7-Camel breathes by lungs ( )

Fill in the table :

Rivers – ice caps – sea – lakes – ocean – underground water

Salt water	Fresh water
…………………………	……………………………..
…………………………	………………………………
…………………………..	………………………………

Match :

Ocean

Rivers salt water

Underground water fresh water

Sea

Lakes

Put (T) OR (F)

1-Olives is used for medicines ( )

2-The most famous plants in Siwa is strawberry ( )

3-Siwa oasis is a place in the desert ( )

4-Spearmint is used for medicines ( )

5-In siwa oasis , the main source of water is ocean ( )

6-The most famous animal in siwa is wolves ( )

7-The most famous plants in siwa is olives ( )

8-In siwa oasis , the main source of water is under ground water ( )

Choose :

1-(spearmint – olives) is used for medicines

2-The most famous animal in siwa is (monkey – wolves)

3-The most famous animal in siwa is (white deer – giraffe)

4-Siwa oasis in a place in the (desert – ocean)

5-The most famous plants in siwa is (strawberry – olives)

6-The most famous plants in siwa is (date palm – apples)

7-In siwa oasis , the main source of water is (underground water – sea)

Re –arrange :

The water cycle in nature

-Precipitation

-Condensation

-Evaporation

1-………………………………..

2-………………………………..

3-……………………………….

Complete :

the water cycle in nature

condensation – precipitation

1-Evaporation

2-……………………….

3-………………………

Match :

Evaporation	rainy
Condensation	humid
Precipitation	cloudy

Complete :

Evaporation – condensation – precipitation

1-……………………….process causes rainy weather

2-…………………….process causes humid weather

3-…………………..process causes cloudy weather

Complete :

Good citizen – bad citizen

1-Cheating……………………….

2-He plants trees in the street …………………

3-Loyal…………………

4-Help old people……………………

5-Throwing trash…………………

6-She organizes the book in the library…………….

7-Disrespect each other………………

8-Collect donates for people in need……………..

9-Beat my friend…………………..

10-Speak loudly and don't listen…………………

11-Interact with the teacher at school…………………..

Choose :

1-He plants trees in the street (good citizen – bad citizen)

2-Loyal (good citizen – bad citizen)

3-Cheating (good citizen – bad citizen)

4-Beat my friend (bad citizen – good citizen)

5-Clean their streets (bad citizen – good citizen)

6-Help old people (bad citizen – good citizen)

7-Speak loudly and don't listen (good citizen – bad citizen)

8-Interact with the teacher at school (bad citizen – good citizen)

9-Throwing trash (good citizen – bad citizen)

10-She organizes the books in the library (good citizen – bad citizen)

11-Collect donates for people in need (good citizen – bad citizen)

Complete :

Dam – sand bags – canals – slowly

1-…………………..prevent severe flooding

2-Flood water is diverted…………………

3-Water passes …………………… through dams

4-To prevent flood water from reaching houses , we put …………….

Put (T) OR (F)

1-Flood water is diverted to canals ( )

2-Flood water is diverted to sand bags ( )

3-Water passes slowly through dams ( )

4-To prevent flood water from reaching houses we put sand bags ( )

5-Canals prevent severe flooding ( )

6-Dam prevent severe flooding ( )

Match :

Building cities	police officer
It puts out the fire	civil engineer
People are protected from thieves	fire fighter

Complete :

Fire fighter – civil engineer – police officer

1-Building houses (………………………….)

2-It puts out the fire (…………………………..)

3-People are protected from thieves (…………………….)

Complete :

Naguib Mahfouz – samera moussa – Cleopatra – umm kulthum

- dr.Magdy yacoub

1-……………………an ancient queen of Egypt

2-……………………an Egyptian professor of heart surgery

3-……………………an Egyptian writer

4-…………………an Egyptian singer

5-…………………..an Egyptian unclear physicist

Match :

An Egyptian professor of Heart surgery	naguib mahfouz
An Egyptian singer	Cleopatra
An Egyptian nuclear physicist	dr. magdy yacoub
An ancient queen of Egypt	umm kulthum
An Egyptian writer	samera moussa

Put (T) OR (F)

1-Cleopatra an Egyptian singer ( )

2-Umm kulthum an Egyptian writer ( )

3-Dr . magdy yacoub an Egyptian professor of heart surgery ( )

4-Naguib Mahfouz an Egyptian writer ( )

5-Samira moussa an unclear physicist ( )

6-Cleopatra an ancient queen of Egypt ( )

7-Umm kulthum an Egyptian singer ( )